

Healthy Living Series 2008 Schedule



**Participants must register for each program in order to attend.
To register contact the Healthy Aging Program: 468-2772.
Class size is limited.**

Living Well with Chronic Conditions



Living Well with Chronic Conditions Program is designed to help older adults who have a chronic health condition or who have a relationship with someone living with a chronic condition. Topics will include dealing with difficult emotions, exercise, appropriate use of medications, effective communications skills, nutrition, and evaluating new treatments. The program runs for six weeks, once a week, for two and a half hours and will be taught by certified facilitators.

| Location | Day of the week | Dates | Time |
|--|-----------------|--|-------------------|
| Kearns Senior Center 4850 West 4715 South | Thursdays | January 10 th – February 14 th | 9:00 am- 11:30 am |
| St. Mark's Tower 650 S 300 E | Tuesday | February 19-March 25th | 9:30-12:00 |
| South Jordan Senior Center 10778 South Redwood Road | Thursdays | March 6 th – April 10 th | 9:30 am- 12:00 pm |
| Liberty Senior Center 251 east 700 South | Thursday | March 20-April 24th | 9:30am -12:00pm |
| Romney Plaza 475 East 900 South | Thursdays | April 17 th –May 22nd | 1:00pm-3:30pm |

Healthy Eating



Healthy Eating Program Heart and bone-healthy nutrition strategies are emphasized in this program through topics such as self-assessment and management of dietary patterns, strategies for changing behavior patterns, and overall nutrition education.

This program will run for six weeks, once a week, for two and a half hours.

| Location | Day of the week | Dates | Time |
|--|-----------------|---|--------------------|
| Magna Senior Center 8952 West 2700 south | Tuesdays | January 8 th – February 12 th | 12:30 pm- 2:30 pm |
| Liberty Senior Center 251 East 700 South | Tuesdays | February 5 th – March 11 th | 10:00 am -12:00 pm |
| Lincoln Tower 2017 South Lincoln Street (945 East) | Wednesdays | February 6 th – March 12 th | 12:30 pm- 2:30 pm |
| Murray –Heritage 10 East 6150 South | Tuesdays | February 19 th – March 25 th | 12:45 pm – 2:45 pm |
| Midvale Senior Center 350 West Park Street (7610 south) | Mondays | March 3 rd – April 7 th | 1:00 pm- 3:00 pm |
| Calvary Towers 516 E 700 S | Wednesdays | March 19- April 23rd | 2:30pm- 4:30pm |

Health Literacy



Health Literacy Program was created to help you learn more about how to communicate with your doctors, understand medical terms, use your medications properly, and understand more about your health insurance. This program will run for three weeks, once a week, for two hours.

| Location | Day of the week | Dates | Time |
|--|-----------------|---|---------------------|
| Lincoln Tower 2017 south Lincoln Street (945 East) | Wednesdays | January 9 th – January 23 rd | 12:30 pm – 2:30 pm |
| Mt. Olympus 1635 E Murray holiday Rd | Wednesday | January 9 th , January 23 rd | 9:00am – 11:00am |
| South Jordan Senior Center 10778 South Redwood Road | Thursdays | January 10 th –January 24 th | 10:00 am – 12:00 pm |
| Columbus Senior Center 2531 South 400 East | Wednesdays | January 16 th – January 30 th | 10:00 am -12:00 pm |
| Liberty Senior Center 700 S 200 E | Wednesdays | February 6- March 19th | 10:00-12:00pm |
| Magna Senior Center 8952 West 2700 South | Tuesdays | April 1 st – April 15 th | 12:30 pm – 2:30 pm |
| Phillips Plaza 660 S 300 East | Thursday | March 27-April 10th | 1:30-3:30 |
| Murray-Heritage 10 East 6150 South | Tuesdays | May 6 th – May 20 th | 12:45 pm -2:45 pm |
| Romney Plaza 475 East 900 South | Tuesday | May 27th | |
| City Plaza 1992 South 200 East | Wednesdays | June 4th-18th | 1:00pm-3:00pm |
| Peery House 233 East 3 rd Avenue | Thursdays | June 5-19 | 1:00pm-3:00pm |

**Get Connected: Linking Older Adults With
Medication, Alcohol and Mental Health Resources**

| Location | Day of the Week | Dates | Times |
|--|-----------------|--------------|---------------|
| City Plaza ML 1992 South 200 East | Wednesday | January 9th | 3:00-4:00pm |
| Phillips Plaza 660 S 300 East | Thursday | January 10th | 2:00pm-3:00pm |
| Peery House 233 East 3 rd Avenue | Tuesday | January 15th | 3:00pm-4:00pm |
| Romney Plaza 475 East 900 South | Thursday | January 17 | 3:00-4:00pm |
| University of Utah School of Gerontology | Tuesday | March 25 | 2-4:30 |
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BREATHE EASIER ASTHMA PRESENTATIONS



| Date | Time | Location |
|-------------------------|-------------|------------------------|
| Jan. 9, 2008-Wednesday | 11:00-12:00 | Harman Senior Center |
| Jan. 10, 2008-Thursday | 2:00-3:00 | Wasatch Manor |
| Jan. 14, 2008-Monday | 11:00-12:00 | Draper Senior Center |
| Jan. 22, 2008-Tuesday | 1:00-2:00 | Midvale Senior Center |
| Jan. 23, 2008-Wednesday | 10:45-11:45 | Liberty Senior Center |
| Feb. 6, 2008-Wednesday | 11:00-12:00 | Magna Senior Center |
| Feb. 20, 2008-Wednesday | 10:30-11:30 | Columbus Senior Center |